



Spinning® Schedule

October 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 NO CLASS	2 5:30 PM INTERVAL SPIN DANA	3 5AM NO CLASS 5:30PM SPIN & SCULPT TARA PUITZ	4 NO CLASS	5 5:30 HAPPY HOUR TARA POWELL	6
7 9:00AM Intro Spin Tara (30 Minutes)	8 5AM INTERVAL SPIN CHRISSY 5:30PM INTERVAL SPIN DANA	9 5:30PM Interval Ride Chrissy	10 5:00AM ENDURANCE RIDE Chrissy 5:30 PM SPIN & SCULPT TARA PUITZ	11 9:15AM Interval SPIN Chrissy	12 5AM STRENGTH RIDE CHRISSY 5:30PM Happy Hour CHRISSY	13
14 9:00AM Intro Spin Tara Puitz (30 Minutes)	15 5AM INTERVAL SPIN CHRISSY 5:30PM INTERVAL SPIN CHRISSY	16 5:30PM Interval Ride Chrissy	17 5AM ENDURANCE CHRISSY 5:30 SPIN & SCULPT TARA PUITZ	18 9:15AM Interval SPIN Chrissy	19 5:00AM STRENGTH Chrissy 5:30PM Happy Hour DANA	20
21 9:00AM Intro Spin Tara (30 Minutes)	22 5:00AM Interval Ride Chrissy 5:30PM Interval SPIN DANA	23 5:30PM Interval Ride Chrissy	24 5AM ENDURANCE RIDE CHRISSY 5:30PM SPIN-N-Sculpt Tara Puitz	25 9:15AM Interval SPIN Chrissy	26 5AM STRENGTH CHRISSY 5:30PM Happy Hour Tara Powell	27
28 9:00AM Intro Spin Tara (30 Minutes)	29 5AM INTERVAL SPIN CHRISSY 5:30PM Interval SPIN CHRISSY	30 5:30PM Interval Ride Chrissy	31 5:00AM ENDURANCE RIDE CHRISSY			HAPPY HALLOWEEN!